



Fort Sam Houston News Leader



Vol. 39, No. 16

Fort Sam Houston – Home of Army Medicine

April 26, 2007

Briefs . . .

Bicycle registration

The Fort Sam Houston Crime Prevention Section will register bicycles Saturday from 9 a.m. to 2 p.m. at Watkins Terrace, outside of the Youth Center, Building 1705. Bicycle registration increases an owner's chances of having a bicycle returned if stolen and recovered. People also can register their bicycles at the Vehicle Registration Office, Building 367, or with the Crime Prevention office, Building 2250, on the second floor. For more information, call the Crime Prevention Office at 221-0990.

President's commission visits

Members of the President's Commission on Care for America's Returning Wounded Warriors will visit Wilford Hall Medical Center May 3. The commission's mission is to conduct a review of services provided to wounded warriors and deliver recommendations to the president, secretary of defense and secretary of Veterans Affairs. The commission invites service members who have been injured in Iraq or Afghanistan, their family members, health care providers and others to meet privately to share their concerns and views. For more information, call 1-877-588-2035 from 8 a.m. to 4 p.m. through Tuesday. For more information about the commission, visit <http://www.pccww.gov/index.html>.

232nd change of responsibility

The 232nd Medical Battalion change of responsibility ceremony for outgoing Sgt. Maj. Gilberto Martinez-Torres will be held May 7 at 8 a.m. at the MacArthur Parade Field.

ISR 1 training

Mandatory orientation training for Installation Status Report, Infrastructure points of contact – directors, program managers or representatives — for installation activities will be held May 9 from 7:30 to 11:30 a.m. in Building 4196 in the scheduling room. Commanders are asked to notify Barney Barta with point of contact information to include phone number and e-mail address. For more information, call Barta at 295-4922 or judy.barta@us.army.mil.

Army Knowledge Online training

Army Knowledge Online training will be held May 15 from 1 to 4 p.m. and May 24 from 1 to 4 p.m. in Willis Hall, Classroom 2105C. For more information, call Julie Gueller at 221-6203 or e-mail Julie.Gueller@us.army.mil.

Schedule physicals early

Parents are encouraged to schedule their child's physical early for school, camp, sports and cheerleading. The Brooke Army Medical Center Pediatric Clinic has openings for routine physical appointments for TRICARE Prime patients enrolled in BAMC Pediatrics. To book an appointment, call 916-3160, option 2. For immunizations only, call 916-5791.

Quadrangle closure

The Fort Sam Houston Quadrangle will be closed to the public Tuesday through May 17 due to training.

Asian Pacific Heritage Month

Opening Ceremony

The opening ceremony for Asian Pacific Heritage Month will be held Tuesday from 11 a.m. to 12 p.m. at Army Community Service

See **BRIEFS** on Page 3



Photos by Esther Garcia

Fiesta military-style

(Above) The 82nd Airborne Division's "All-American Chorus," composed of division troopers representing every unit within the division, perform songs and ballads reflecting the airborne tradition at the Fort Sam Houston Fiesta military ceremony at MacArthur Parade Field Sunday. The chorus is in San Antonio celebrating Fiesta and performing at various events.



(Left) A member of San Antonio's first all-female professional mariachi group, Mariachi Femenil Las Eréndiras de San Antonio, performs at the Fort Sam Houston Fiesta and Fireworks event Sunday for the sixth consecutive year. The group was founded in February 1996 by José R. Torres and consists of 10 to 12 females ranging from 18 to 22 years old. The name "Las Eréndiras" means Aztec princesses and the experience of these young women in action portrays the aura of their presence.

See **FIESTA** on Pages 14 and 15

208th Regional Support Group unveils monuments

By Esther Garcia
Fort Sam Houston Public Affairs Office

The 208th Regional Support Group, 90th Regional Readiness Command, added two new monuments to the seven already in place in front of the 208th RSG headquarters. The new monuments were unveiled April 15 at the Global War on Terrorism and Fallen Soldiers Monuments Dedication Ceremony and wreath presentation.

Maj. Gen. James Scholar, commander, 90th Regional Readiness Command, and Col. Jimmie Wells, commander, 208th RSG, unveiled the first monument dedicated to the 10,400 men and women from 90th Regional Readiness Command units who have served their nation in the war on terrorism from Sept. 11, 2001, to present. The monument lists the units that have served in support of Operations

Noble Eagle, Enduring Freedom and Iraqi Freedom.

The second monument honors four fallen Soldiers from the 90th Regional Readiness Command who sacrificed their lives in support of Operations Iraqi and Enduring Freedom. The families of the fallen Soldiers unveiled the monument that lists the names of the Soldiers. The names engraved on the monument are Spc. Jonathan M. Cheatham, who died July 26, 2003; Spc. Juan Torres, who died July 12, 2004; Spc. Lauro G. Delone Jr., who died Sept. 8, 2004; and Sgt. Roberto Arizola Jr., who died June 8, 2005.

Referred to as the memorial wall, it is a living history of the "Tough 'Ombres" and represents the various wars Soldiers assigned to the 90th Regional Readiness Command have served from World War I to the present.

Retired Brig. Gen. Bruce Moore, for-

mer commander of the 90th Regional Support Group, spoke on how the Soldiers from the 90th responded in 2001. "As terrorists plotted in early 2001, the 90th stood ready, because they were well trained, well equipped, well led, well motivated and ready because of their character and the quality of Soldiers that they are. They are America's best," said Moore, one of several speakers who spoke at the ceremony.

Distinguished visitors who attended the event included a 90th Division veteran and a hero of the Battle of the Fort Koenigsmacher, Chaplain Tom Riddlehuber, former commander of the 90th Army Reserve Command and the 90th Regional Support Group, Lt. Gen. Freddy McFarren, former 5th Army commander, Maj. Gen. Russell Czerw,

See **MONUMENTS** on Page 4

Policy change boosts G.I. Bill eligibility for some Guard, Reserve members

By **Gerry J. Gilmore**
American Forces Press Service

WASHINGTON – A recent Defense Department policy change widens the eligibility window for some reserve-component troops who want to use their Montgomery G.I. Bill education benefits, a senior DoD official said here today.

The DoD policy now aligns with Department of Veterans Affairs rules, which say National Guard members and reservists are eligible to receive Montgomery G.I. Bill education benefits for the period covering the amount of time they served on active duty, plus four months, said Tom Bush, principal director for manpower and personnel within the Office of the Assistant Secretary of Defense for Reserve Affairs.

After studying the matter over the past few months, DoD agreed to align its policy with the VA’s, Bush said during a joint Pentagon Channel/American Forces Press Service interview. DoD’s previous policy, he said, only recognized the amount of active-duty time as applied to

the G.I. Bill coverage period for reserve component members but still required the member to continue to serve in the Selected Reserve.

“The change, from the DoD perspective, is that the benefit now can be used by somebody that leaves the selected reserve for the amount of time that they’ve served on active duty, plus four months,” Bush said. Guard and Reserve members who attend regular drill training and meetings are considered part of the selected reserve.

The total amount of G.I. Bill coverage for reservists is still 36 months, Bush said. “So, if you’ve used part of that (G.I. Bill benefit) it may eat into that 36 months,” he noted.

Bush said reservists normally have 14 years to use their Montgomery G.I. Bill benefits. However, that time might also be extended, he noted, by the amount of time Guard or Reserve members serve on active duty, plus four months.

Senior Guard and Reserve officials, as well as demobilization sites, have been alerted to the policy change,

Bush said.

About 370,000 Guard and Reserve members on drill or active-duty status have signed up to use Montgomery G.I. Bill benefits since the Sept. 11, 2001, terrorist attacks on the United States, Bush said.

The Reserve Education Assistance Program, established by the 2005 National Defense Authorization Act, is another DoD education initiative for members of the Guard and Reserve, Bush noted. To be eligible, service members must have served at least 90 consecutive days of active service after Sept. 11, 2001, in response to a presidential or congressional call-up of military forces for wartime or other emergency service.

Guard and Reserve members who served for two continuous years on active duty in support of a contingency operation would qualify for both the Montgomery G.I. Bill and REAP and could select which program they want to use, Bush noted.

Service members can determine if they qualify for the Montgomery G.I. Bill and REAP by contacting their local education office.

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DoD unveils compensation program for frequent deployments

By Sgt. Sara Wood
American Forces Press Service

WASHINGTON — The Defense Department yesterday unveiled a program that will reward administrative leave to service members whose service in combat does not meet the department's goal for the time at home-station between deployments.

Defense Secretary Robert M. Gates directed the development of this program Jan. 19, when he implemented a force-management policy stating that DoD's goal was to give active-duty troops two years at home-station for every year deployed, and reserve-component troops five years at home-station for every year deployed. At the time, Defense Secretary Gates recognized that national security concerns would require service members to be deployed more frequently than this goal, so he announced a compensation plan to make up for frequent deployments.

Under the new policy, active-duty service members who are deployed for more than 12 months in a 36-month period will earn one day of administrative absence for each month beyond 12. If service members are deployed for more than 18 months in a

36-month period, they will earn two days of administrative absence a month. Past 24 months, they will earn four days a month.

Members of the reserve components will earn one day of administrative absence a month for every month beyond 12 they are mobilized in a 72-month period. Members of the reserve components will also earn two days a month if they are mobilized past 18 months in a 72-month period, and four days a month if they are mobilized past 24 months in the same period.

Administrative absences are days off authorized by the commander, and are separate from normal leave accrued by a service member.

In a Pentagon news conference announcing the policy, Michael Dominguez, principal deputy undersecretary of defense for personnel and readiness, said the program is meant to recognize the sacrifices service members make, but is in no way trying to put a physical value on their service.

"Secretary Gates and all of us honor the service of the men and women in uniform, particularly in these demanding times," Dominguez said. "This program can't be viewed as being commensurate

"This is just saying, 'Look, we know what you're doing, we recognize what you're doing, we're proud of what you're doing, we're grateful for what you're doing.'"

Michael Dominguez

Principal deputy undersecretary of defense for personnel and readiness

with the level of service that they offer to the nation. In many respects, while it is substantive and it is tangible, it's also symbolic. It's part of our recognition that we're keeping them in our thoughts and we're trying to do something for them."

The policy is retroactive to Jan. 19, so any service member who was deployed or involuntarily mobilized from that day forward, whose service exceeds the time frame in the policy, will earn the days off, Dominguez said. Also, troops who were deployed within the last three years, and are deployed now, will earn administrative leave for their current deployment, he said.

DoD has had a policy since 2004 that pays service members who are extended in theater beyond 12 months \$1,000 a month, Dominguez said. That policy is

still in effect, he said, and applies to Army personnel who now have to serve 15-month tours in Iraq and Afghanistan.

The new policy is meant to deal with frequency of deployments, rather than the length of each deployment, Dominguez said. The administrative leave service members earn under this policy will stay with them through their military career and can be used anytime, with commander approval, he said.

"This is what we do; it is the job," he said. "This is the job of the men and women of the armed forces, from which they do not shirk, and the volunteer force is extraordinary. This is just saying, 'Look, we know what you're doing, we recognize what you're doing, we're proud of what you're doing, we're grateful for what you're doing.'"

Military Tax Assistance Center completes tax season

By Brian Novak
Military Tax Assistance Center Director

The 2006 tax season ended April 17 and the Military Tax Assistance Center statistics prove it was a great success.

About 4,000 tax returns were completed which resulted in more than \$4.4 million dollars being returned to the Fort Sam Houston community. Additionally, over 175 wounded warriors had their tax returns completed.

Taxpayers who used the tax preparation services saved more than \$669,400 in preparation and filing fees. This was an increase of over \$115,000 in savings from last year. The MTAC also achieved a 99.99 percent taxpayer satisfaction rating.

During the closing ceremony for the MTAC, Billy Hubbard, Internal Revenue Service Austin Territory manager, and Janice Foulk, IRS relationship manager, presented the IRS Volunteer Income Tax Assistance Program Outstanding Service Award to Maj. Gen. Russell Czerw, Army Medical Department Center and School and Fort Sam Houston commander, Col. Karen Judkins, Staff Judge Advocate, and Brian Novak, MTAC director.

"This post is the now the ninth busiest tax center in the Army and the 19th busiest in the DoD for preparing returns. The MTAC has an outstanding quality assurance

program. It is a model VITA site," said Hubbard.

Hubbard and Foulk presented Ann Mancillas with a Certificate of Recognition for more than 600 volunteer hours of service to the MTAC. Also presented were Certificates of Recognition to Staff Sgt. William Zopff and Staff Sgt. Sandra Lawson for their accomplishments as the NCO in charge of the Brooke Army Medical Center Office and the Main Office, respectively.

Czerw presented awards to four Soldiers for outstanding performance at the MTAC. Staff Sgt. Mirko Maravi, Headquarters and Headquarters Company, U.S. Army Garrison, received Outstanding NCO Preparer Award; Staff Sgt. Barbara Dickey, BAMC C Company, received Outstanding BAMC Preparer Award; Spc. Jason Causey, 470th Military Intelligence Brigade, received Outstanding Enlisted Preparer Award; and Staff Sgt. Neil Royal, also of the 470th MI BDE, Outstanding Administrative Staff Member Award.

"From the opening ceremony in January, the MTAC has been Soldiers assisting other Soldiers with their income taxes," said Novak. "All the Soldiers detailed to the MTAC have been a credit to their units and the Fort Sam Houston community. They were constant professionals, formed a great team and did an outstanding job. It was a great honor and privilege to have worked with them."



Courtesy photo

The Military Tax Assistant Center staff groups together for a final photo on the steps of the tax center. Tax season officially ended April 17, with the MTAC closing ceremony held Friday.

While the MTAC officially closed Friday, wounded warriors, Soldiers recently redeployed and those needing to file amended taxes will be able to receive tax preparation services year-round. For assistance or more information, call the Legal Assistance Office at 221-2282 or 221-2353.

Briefs

Continued from Page 1

(Roadrunner), Building 2797. The event will include entertainment, food sampling and student recognition awards. The guest speaker will be Command Sgt. Maj. Tuileama Nua, 44th Medical Command (Airborne).

Asian Pacific Expo

An Asian Pacific Expo will be held May 26 from 11 a.m. to 5 p.m. at the Fort Sam Houston Commissary parking lot. The expo will feature exhibition dances, vendors, food and the talent search finals.

For more information on any of these events, call Master Sgt. Ricky Evans at 295-0561 or contact a unit equal opportunity adviser. To request reasonable accommodation for a disability, call 221-0218.

Taxpayers can get assistance after tax season

By Brian Novak
Military Tax Assistant Center Director

April 17, the filing deadline, has come and gone. Most Fort Sam Houston taxpayers have filed their taxes and either received a refund or paid taxes. However, several types of taxpayers may need assistance after the end of the tax season.

For those who have returned from deployment or are wounded warriors, as well as those who need to amend their tax returns, tax preparation services are available year-round at the Office of the Staff Judge Advocate, Legal Assistance Division, located in Building 134, Stanley Road. Tax preparation services are available for 2006 and previous tax years. For an appointment or more information, call 221-2282 or 221-2353.

If the taxpayer is notified by the IRS of a potential problem with a return or is unable to pay taxes, then make an appointment with the Legal Assistance Office to discuss the issue. The Legal Assistance attorneys will review tax returns, identify the problem and assist with rectifying the problem. While this can include amending a return or writing the IRS, the attorneys cannot repre-

sent people in U.S. Tax Courts.

The IRS also has an office that can be of assistance. The IRS Taxpayer Advocate Service can help taxpayers encountering tax problems. TAS assists taxpayers who are the subject of an IRS action that is causing an economic hardship, such as a tax levy or federal tax lien; taxpayers who have not received a prompt response from the IRS; or those taxpayers who have a financial hardship and need a tax refund expedited. TAS can also assist with other additional tax matters.

TAS is an independent organization within the IRS and reports directly to the Congress through the National Taxpayer Advocate. Taxpayers can call TAS at 1-877-777-4778, or by faxing an IRS Form 911, Application for Taxpayer Assistance Order, to 512-499-5687. After a case is assigned, taxpayers will work with a case advocate that has a direct toll free number. For more information about TAS services, visit <http://tas-new.web.irs.gov>.

Whether tax assistance is obtained from the Legal Assistance Office or the IRS TAS, the good news is that both offices will help resolve tax problems and both services are free.

ARNORTH prepares for hurricane season

FORT BELVOIR, Va. — U.S. Army North wrapped up a three-day Rehearsal of Concept exercise here April 13 in preparation of this year’s hurricane season.

As U.S. Northern Command’s Army Service Component Command, ARNORTH is responsible for conducting homeland defense and civil support operations within the NORTHCOM area.

The hurricane rehearsal allowed ARNORTH staff, defense coordinating officers and representatives from such federal agencies as the Federal Emergency Management Agency to review actions the command would take in response to two different hurricane scenarios.

“The ROC drill’s focus was to involve as many inter-agency partners as possible and rehearse ARNORTH employment for incidents of national significance to better understand how all are interrelated,” said Charlie Canedy, chief of ARNORTH’s Commander’s Initiative Group.

ARNORTH began establishing close working relationships with federal, state and local disaster preparedness and response agencies upon its activation in October 2005.

According to Tom Davies, federal coordinating office for FEMA Region III, the rehearsal will help the federal government be better prepared to respond to disasters.

“Understanding how you roll out and the complexities of (Department of Defense) is key (for federal disaster response),” he said.

Col. Frank Kosich, Region I DCO, said the rehearsal exercise was a good venue for ARNORTH and its federal partners to discuss DoD’s role in disaster preparedness and response.

“This was a thorough rehearsal. It prompted good dialogue and exchange about the challenges DoD has in assessing risks and making decisions associated with providing support to the lead federal agency in response to an event of this magnitude,” he said.

ARNORTH’s hurricane preparations will culminate with Exercise Ardent Sentry in May.

“Ardent Sentry ‘07 will be the capstone event in our preparatory activities for hurricane season,” Kosich said. “The exercise will tell us whether we are ready to rock and roll. I’m looking forward to it.”

(Source: ARNORTH Public Affairs)



Courtesy photo
Col. James Mathis, Region III defense coordinating officer, and Tom Davies, Region III federal coordinating officer, discuss hurricane preparedness and response during a three-day Rehearsal of Concept exercise at Fort Belvoir, Va.

Monuments

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Army Medical Department Center and School and Fort Sam Houston commander, World War II veterans, former deputy director of the Pentagon Family Assistance Center, U.S. Army Reserve Ambassador, former commander of the 340th S&S Company in Desert Shield/Desert Storm and members



Juan Torres kisses a flower before placing it at the Fallen Soldier Monument. His son, Spc. Juan Torres, died July 12, 2004, in Afghanistan.

of the Veterans of Foreign War and Ladies Auxiliary.

The ceremony included the presentation of the Gold Star to families who lost their loved ones. Each family was presented with a yellow rose and a gold star. The yellow rose symbolizes the state of Texas and the gold stars represent the gold star which originated during World War II. Mothers of Soldiers were presented with the stars to hang in their windows. The Tough ‘Ombre 10K Run Association presented each family with a \$500 scholarship in the name of their fallen Soldiers.

The dedication included the presentation of the colors by the United States Border Patrol, Rio Grande Valley Sector, a gun salute by the U.S. Army Garrison Rifle Platoon, the United States Army Medical Command Band and the Soldiers of the 208th Regional Support Group who stood in formation during the entire ceremony.

Scholar said, “It is a place of honor to those who have given all. We will always remember what they have given us.”

“These Soldiers lived as Soldiers and they lived well,” added Wells.

The ceremony concluded with the presentation of nine wreaths placed front of each of the monuments.



Photos by Esther Garcia
Family members unveil the Global War on Terrorism Fallen Soldier Monument dedicated in honor of their loved ones who lost their lives in support of Operations Iraqi and Enduring Freedom at a dedication ceremony held April 15 in front of the 208th Reserve Support Group headquarters.



Photos by Esther Garcia

Gone but not forgotten

Family members of Cpl. Stephen Joseph Perez visit his grave at the Fort Sam Houston National Cemetery April 13, the one-year anniversary of his death. Perez, who dreamed of becoming a teacher and working with children, died in support of Operation Iraqi Freedom. Perez was assigned to 1st Battalion, 1st Marine Regiment, 1st Marine Division, I Marine Expeditionary Force, Camp Pendleton, Calif. The family released red, white and blue balloons in his honor. Perez grew up in San Antonio. His aunts, Jeannette Lynch and Annette Gremmer, employees at Fort Sam Houston, said they miss their nephew very much.

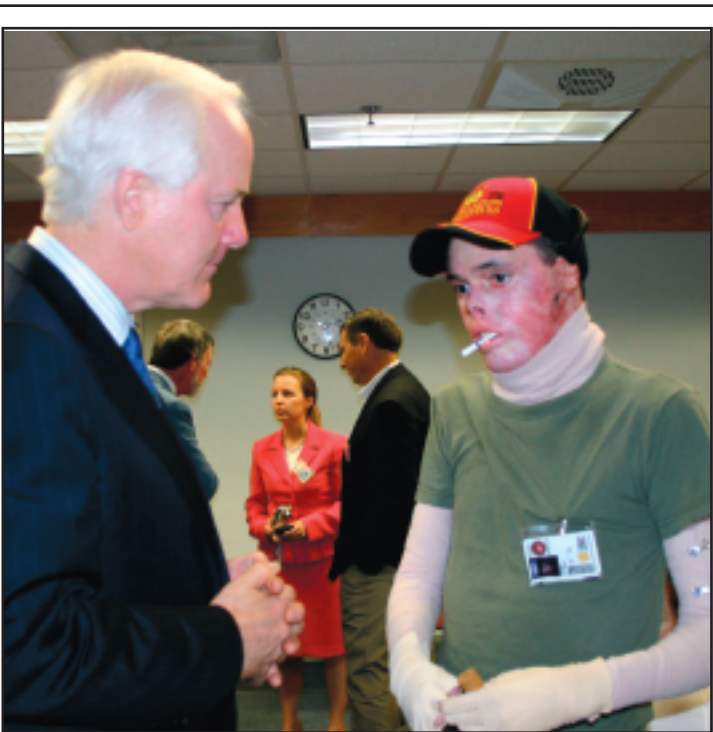


Photo by Norma Guerra

BAMC tour

Senator John Cornyn of Texas visits with Marine Lance Cpl. Roy Van Wey, injured in the Global War on Terrorism, Friday during a tour of the Brooke Army Medical Center Burn Unit. During his visit, Cornyn met with patients recuperating in the Burn Unit and their family members.

Fort Sam puts ‘Family First’ at conference

By Bob Harry
Family Advocacy Program Assistant

The Fort Sam Houston Family Advocacy Program co-hosted the Family First Child Abuse Prevention Conference April 14 at the Army Community Service Center.

More than 300 people from Fort Sam Houston, Lackland Air Force Base, Randolph Air Force Base and Fort Hood, Texas, attended the event. Additionally, many civilian care providers attended sessions to gain insight into the impact of deployment on military children.

The guest speakers included Col. Elisabeth Stafford and Maj. Keith Lemmon, of Brooke Army Medical Center Pediatrics and Adolescent Medicine, and Melissa Tijerina, of Child Protective Service.

Stafford and Lemmon provided insight into the unique characteristics and challenges of military children. Military Families face frequent moves, which result in children leaving friends, changing schools and frequent

new starts. Additionally, military children also have to endure the stressors associated with deployment-related concerns. The speakers discussed unique military support structures and resources for empowering military Families, along with the availability of prevention and treatment programs. Lemmon also presented the DVD he wrote and produced called “Military Youth Coping with Separation: When Families are Deployed.”

Tijerina’s presentation focused on child abuse identification and reporting requirements for caregivers. This discussion centered on the many facets of CPS involvement, protective factors and developing strategies for strengthening families with references to case studies.

The conference was a joint effort with Randolph Air Force Base and Lackland Air Force Base Family Advocacy Programs, CPS and Laurel Ridge Treatment Center. Laurel Ridge provided refreshments and lunch for the attendees, and also coordinated the process to provide Continuing Education Units for attendees.



Courtesy photo
Col. Elisabeth Stafford speaks at the Family First Child Abuse Prevention Conference April 14 at the Army Community Service Center.

Fort Sam employee earns top civilian award

By Elaine Wilson
Fort Sam Houston Public Information Office

A Fort Sam Houston civilian employee is the recipient of the Department of the Army’s highest civilian service award.

Acting Secretary of the Army Pete Geren presented the Decoration for Exceptional Civilian Service to Dr. A. David Mangelsdorff in a ceremony last month in Washington, D.C.

“I am honored and humbled by the recognition,” said Mangelsdorff, a two-time recipient of the honor. He first received the award in

1988. “It is a testimony to the work and efforts of my colleagues and former Army-Baylor graduate students.”

Mangelsdorff was honored for his work as a professor and psychologist for the Army Baylor Graduate Program in Health and Business Administration at the Army Medical Department Center and School. His award citation praises his contributions to the Army-Baylor program, assessment of patient attitudes in the military health system, research in military psychology, homeland security and community preparedness.

Mangelsdorff has a track record of excel-

lence. He has three master’s degrees and a doctor of philosophy degree. The retired colonel served for 30 years in the Army Reserve and has worked as an Army civilian for more than 33 years. He also is a published author and a former Fulbright scholar. The Fulbright Scholar Program sends 800 U.S. faculty and professionals abroad each year. Mangelsdorff spent time in Germany studying demographics to help map out future U.S. health care plans.

“The award recognizes a team effort,” Mangelsdorff said. “I couldn’t have done it alone.”



Dr. A. David Mangelsdorff

Chill out: Keep cool this summer without costly energy bills

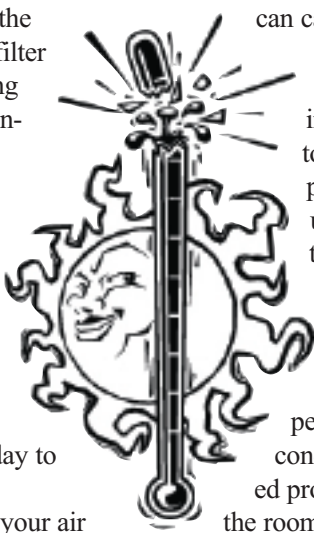
The average family spends more than \$1,000 a year on energy bills, much of which goes to heating and cooling. Heating and cooling a house uses more energy and drains more energy dollars than any other system in a house. Typically, 58 percent of a utility bill goes to heating and cooling.

Residents can use less energy in their home and, as a result, save money on energy bills. Saving energy also helps protect the environment and reduces the risks of global climate change. Residents can save money and increase their comfort no matter what type of air-conditioning system they have.

The following tips can help residents keep their house cooler in the summer and save energy:

- Set the thermostat as high as possible in the summer. Keep room temperature between 78 and 80 degrees, and check the temperature with a liquid-filled thermometer. For each degree cooler than 78 to 80 degrees, cooling costs can increase 7 to 10 percent. The less difference between the indoor and outdoor temperatures, the lower the overall cooling bill will be. Don't set the thermostat at a colder setting than normal when turning it on. The home will not cool any faster and can result in excessive cooling and unnecessary expense.
- Check the filter every month, especially during heavy-use months (winter and summer). If the filter looks dirty after a month, change it. At a minimum, change the filter every three months. A dirty filter will slow down air flow

- and make the system work harder to keep the house cool, which wastes energy. A clean filter also will prevent dust and dirt from building up in the system, leading to expensive maintenance or early system failure.
- Clean air registers as needed; make sure they're not blocked by furniture, carpeting or drapes. Shut off registers to unoccupied rooms. Be sure not to shut off too many registers, though, or you may harm the blower fan with the increased pressure.
 - During the cooling season keep the window shades and drapes closed during the day to block the sun's rays.
 - Close doors and windows while running your air conditioner. Don't use a whole-house fan or window fan while your air conditioner is on.
 - Use ceiling fans. They will allow residents to set their thermostat at a higher temperature and stay comfortable. A comfortable setting is about 78 degrees Fahrenheit without the ceiling fan. With each degree raised on the thermostat, residents will save 3 to 5 percent on the air-conditioning portion of their electric bill.
 - Use fans for added comfort in occupied rooms. Fans use small amounts of energy and can help people feel 4 to 8 degrees cooler.
 - Keep down the humidity. Use the bathroom exhaust fan while showering and the kitchen exhaust fan while cooking. Turn off exhaust fans within 20 minutes after cooking or bathing. Make sure dryers are venting outside; dry some clothes outside.
 - Don't place lamps or TV sets near air-conditioning thermostats. The thermostat senses heat from these appliances, which



- can cause the air conditioner to run longer than necessary.
- Plant trees or shrubs to shade air-conditioning units but not to block the airflow. Keep a 2- to 3-foot clearance around the unit to ensure proper circulation. A unit operating in the shade uses as much as 10 percent less electricity than the same one operating in the sun.
 - Ceiling fan and light combination units that have earned the ENERGY STAR are about 50 percent more efficient than conventional fan and light units. This can save \$15 to \$20 per year on utility bills, plus any additional air-conditioning savings gained when fans are operated properly. Remember to turn off fans when not in the room. Fans cool people, not rooms.
 - In the summer, use the ceiling fan in the counter-clockwise direction. The airflow produced by the ceiling fan creates a wind-chill effect, so people "feel" cooler. Remember to adjust the thermostat when using ceiling fans - additional energy and dollar savings can be gained with this simple step.

One of the best ways to save on heating and cooling bills is to aim for a mild climate inside year round. No one should have to wear a sweater inside on a 90-degree summer day. People should be able to set their central air conditioning for 78 degrees Fahrenheit and still be comfortable in light clothing. Turning the temperature up to 78 from 72 degrees can save hundreds of dollars a year. The savings are greater the hotter the climate. Variations in temperature do make a difference, and can affect monthly bills.

For more information, call Lincoln Military Housing at 270-7638 or e-mail questions@samhoustonlpc.com.
(Sources: Residential Communities Initiative, City Public Service, U.S. Department of Energy and Energy Star.)



Photo by Olivia Mendoza

Spring cleaning

Pfc. Lourdes Rosario, Sgt. 1st Class Darrell Meyers and Roberta Hutson clean up the sidewalks April 18 on the corner of Wilson Street across from the shoppette. Fort Sam Houston conducted a Spring Clean Up last week to spruce up the appearance of the post and training areas.

Housing activities

Salsa cook-off

In May, Lincoln Military Housing will celebrate Cinco de Mayo with a salsa cook-off May 4 from 12 to 2 p.m. at Dodd Field. Celebrate the spirit of Cinco de Mayo and Fiesta by sharing your best salsa with friends and neighbors. The Fort Sam Houston Fire Department will judge all salsa entries. Prizes will be awarded to the first, second and third place winners.

'Breakfast-On-The-Go'

Stop by and visit "Breakfast-On-The-Go"

booths May 24 from 7 to 8 a.m. in the family housing areas. LMH employees will serve on-post residents breakfast treats with juice.

Mother's Day poetry contest

Mother's Day is May 13. LMH encourages children of on-post residents to submit a poem about their mom to the housing office by 5 p.m. May 8. The best poem will earn the author a spa gift certificate for mom. The winner will be notified by May 10.

For photos and upcoming activities, residents can visit LMH's interactive Web site www.samhoustonlpc.com. For more information, call LMH at 270-7638.



Photo by Staff Sgt. Yolanda Turner
Pfc. Katie Shaw explains to Councilman Richard Perez the procedures for establishing blood types Monday in the Blood Bank/Hematology classroom at the Army Medical Department Center and School.

AMEDDC&S celebrates laboratory professionals week

By Minnie Jones
Fort Sam Houston Public Information Office

The Army Medical Department Center and School, Clinical Support Services observed the National Medical Laboratory Professionals Week by sponsoring a breakfast Monday in the Willis Hall conference room. Congressman Richard Perez, 4th district, attended the breakfast and presented a proclamation to the Clinical Services on behalf of Mayor Phil Hardberger.

The National Medical Laboratory Professionals Week, which was celebrated April 22 through 28, recognizes about 300,000 medical laboratory professionals and 15,000 board-certified pathologists who play a vital role in every aspect of health care. This year’s theme was Laboratory Professionals: “Quality Care from Quality Professionals.” The week gives medical laboratory personnel a chance to celebrate their professionalism and have their efforts recognized.

“People don’t know very much about the lab, it’s kind of a black box that specimens go in and numbers come out, so this event was given to make people aware of what the lab does,” said Lt. Col. Donna Whittaker, AMEDDC&S department chief for Clinical Support Services.

The AMEDDC&S Clinical Support Services trains about 600 students a year. After completing the 52-week course, laboratory technicians will go on to work in Army laboratories all throughout the world including Iraq and Afghanistan.

Soldier medics save life of comrade

Several Soldier medics from G Company, 232nd Medical Battalion, made split-second decisions recently that resulted in an extraordinary life-saving event.

Pvt. Bradley Thomas awoke to the sound of his roommate, Spc. David Smart, in respiratory distress. Thomas knew his roommate was in a life-or-death situation.

Thomas notified fireguard Pfc. Amy Brown. The two assisted Smart, who was unresponsive. Brown then notified staff duty NCO Sgt. 1st Class James Jeane and contacted Emergency Medical Services. Jeane, assisted by Spc. Michelle Bryan, administered rescue breathing to Smart until Emergency Medical Services arrived.

EMS transported Smart to Brooke Army Medical Center where he was given a 50 percent chance of survival. Throughout the initial 24-hour period, Smart’s condition improved to stable, but critical. He was diagnosed with Acute Respiratory Distress Syndrome, complicated by two strains of flu, as well as aspiration pneumonia.



Photo by Pfc. Angela Jones
Spc. David Smart (center) is alive today thanks to the quick response of his fellow G Company, 232nd Medical Battalion Soldiers, to include Pfc. Amy Brown and Pvt. Bradley Thomas.

However, three weeks later, due to the immediate actions of his band of brothers and the BAMC staff, Smart was released from the hospital.

(Source: Capt. Ronnie Bigham, G Company, 232nd Medical Battalion)



Photo by Minnie Jones

Stress reliever

Douglas G. Stafford, a certified massage therapist from the Jimmy Brought Fitness Center, offered free chair massages at the “Spring Back to Health” fair Monday in the Willis Hall food court. The fair was free and open to the public, and offered information on various topics from breast cancer to HIV and sexually transmitted disease awareness. Representatives from the Fort Sam Houston Library and the Jimmy Brought Fitness Center also had informative exhibits at the fair. The event was sponsored by future preventive medicine clinicians.

Beneficiaries offered local urgent care alternatives

By Joe Vavricek
59th Medical Wing Marketing and Public Relations

LACKLAND AIR FORCE BASE, Texas — How many times have you become frustrated when you called the Consult and Appointment Management Office at 916-9900 to schedule an acute appointment only to be told, “Sorry, there aren’t any more appointments available today, please call back tomorrow.”

Relief should now be a telephone call away. The 59th Medical Wing and 37th Medical Group have implemented agreements with several local urgent care centers: Community Medicine Associates, Boerne Urgent Care Center and Little Spurs Urgent Care Center (pediatric only).

Starting immediately, if there are no acute appointments left at Kelly Family Medicine, Bowie Family Medicine, Brooks City-Base Clinic, Camp Bullis Clinic, the North Central Federal Clinic or Wilford Hall Medical Center Pediatric Clinic, patients will be offered the opportunity to visit one of the local urgent care centers.

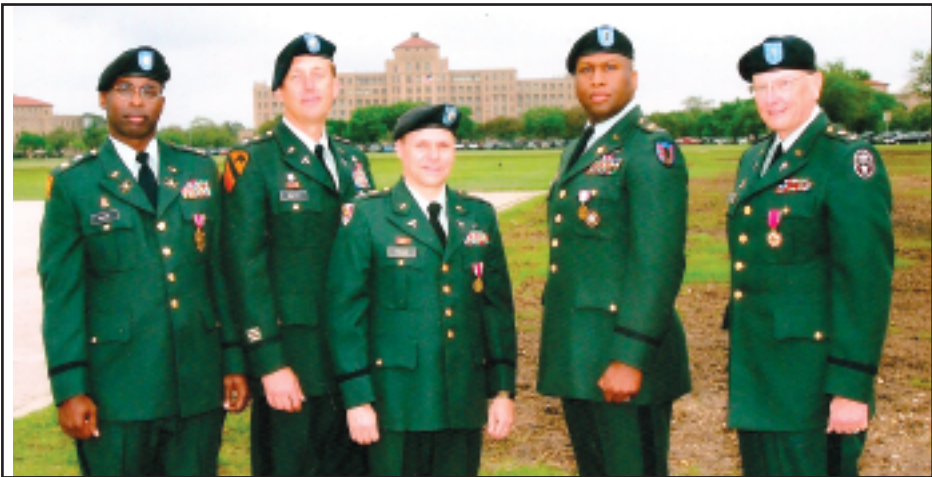
This service is available only to TRICARE Prime and TRICARE Plus beneficiaries enrolled or empanelled to any of the 37th MDG primary care clinics or the WHMC Pediatric Clinic. This service is currently not available to active duty mem-

bers. Active duty members should visit the clinic where they are enrolled, and sign in for Active Duty Sick Call. Sign in for sick call is from 7:15 to 7:45 a.m. on normal duty days at Kelly Family Medicine, Bowie Family Medicine and coming soon to the Brooks City-Base Clinic.

Eligible beneficiaries who choose to go to an urgent care center will be given the center’s telephone number, address and driving instructions by the CAMO appointment clerk. The clerk will also give a five-digit authorization number. Individuals will need to provide that number to the urgent care center staff when checking in — there is no need for an appointment.

Depending on the individual’s beneficiary category there may be a small co-pay for the visit. Active duty family members will not have a co-pay for the service. Additionally, TRICARE Plus enrollees will have no co-pay when using Medicare and their TRICARE For Life benefit — be sure to inform the urgent care center of this coverage. However, retirees and retiree family members will incur a \$12 co-pay associated with the visit. The co-pay is due the day of the appointment.

For more information about the urgent care referral process, call Capt. Laura Hurst at 292-4557 or Joe Vavricek at 292-7574.



Courtesy photos

Distinguished service

(From left) Maj. Thaddeus Chase, Lt. Col. Stephen Smith, Lt. Col. Emery Spaar, Chief Warrant Officer Derek Skaags and Col. Ernest Dodd are honored for their commitment and service to the nation in a ceremony held March 29 at the MacArthur Parade Field.



(From left) Master Sgt. Jefte Glenn, Sgt. 1st Class Willette Lindesay, Sgt. Maj. Forrest Hughes, Sgt. 1st Class Cynthia Bryant and Sgt. 1st Class Nowell Davila are recognized for their leadership and service to the nation at the monthly retirement ceremony held at the MacArthur Parade Field March 29.

Cyber safety

Don't let children become online targets

By Wendy Dolan
Family Advocacy Program Educator

The Internet is a powerful resource and allows access to the world. It offers a wide variety of educational and entertainment opportunities, but it also places our children at risk.

As in many environments, children interacting online can be targets or even perpetrators of crime, exploitation and harassment. Most users of the Internet do not experience any problems; however, Internet use needs to be handled like any other safety issue. Children need basic Internet safety rules when navigating through cyberspace.


Social networking on My Space, Facebook, Friendster and Xanga has become increasingly popular among youth. Instant Messaging and sharing online profiles are popular social networks. Many of these sites require the set up of a profile which often includes name, age, interests, home address, school and photos.

This is an enticing social network for youth, but it also allows potential exploiters to use the profiles to search for victims. Once online, all Web postings become public information. Nothing can be "taken back." Dangerous, demeaning and harmful information can be reviewed by schools and future employers. Urge youth to restrict access to their profiles to only those on their contact lists, and make

sure they personally know those people. Visit these sites with your kids and discuss what is safe and unsafe, review their profile and help them recognize anything that makes them vulnerable. Encourage gender-neutral screen names and ensure that they don't reveal their identity or location. Remind kids to only IM with people they know and have been approved by you. Never trade personal photographs. Become familiar with shorthand codes the youth are using on the Internet. A list of popular terms and abbreviations can be found on www.netsmartz.org.

Although there are risks associated with computer use, the benefits for children are remarkable. Eliminating computer use is not necessary or realistic. As a parent or guardian, you are the most valuable tool for keeping your children safe. A certain amount of privacy is important, but children also need parental involvement and supervision. Get to know the Internet. Have your child show you where they are going while online. Never respond to suggestive or obscene messages and encourage your children to let you know if they encounter these messages. Keep computers in common areas, not in private areas such as bedrooms. Set computer-use rules, discuss them and post them near the computer. Finally, make sure kids have additional activities and social outlets to occupy their time. Remember, the most important thing that you can do is communicate with your children about the benefits and

risks of the Internet. For more information regarding safety and the Internet, visit the National Center for Missing and Exploited Children at www.missingkids.org. For more information on safety programs for children at Fort Sam Houston, call the Family Advocacy Program at 221-0349.



DEPARTMENT OF THE ARMY
WASHINGTON DC 20310

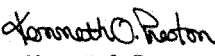
Sexual Assault Awareness Month – April 2007

The Army joins the Nation and the Department of Defense in observing Sexual Assault Awareness Month in April. The theme for this year's month of observance, awareness, education, and call to action is – "Stand Up Against Sexual Assault ... Make a Difference."


Sexual assault is a crime, it is contrary to Army Values, and it degrades mission readiness. It has no place in our Army. Unfortunately, sexual assault continues to be the most underreported violent crime in the United States. While there is no evidence that sexual assaults are increasing in the Army, the number of reported cases continues to rise. Much of this increase in reported cases is the result of our growing emphasis on sexual assault prevention and response, which has created a greater willingness among victims to report incidents. However, the steady increase in reported cases demonstrates we have much more work to do to prevent this terrible crime.

Preventing sexual assault is the responsibility of leaders and Soldiers. Leaders must support the Sexual Assault Prevention and Response Program goals found in AR 600-20, Chapter 8. Specifically, leaders must reduce the risks of sexual assault in their units, implement prevention measures, and provide care for Soldiers who are victims. Likewise, Soldiers must stand up against sexual assault, live by the Army Values, and treat each other with dignity and respect. In essence, Soldiers must protect and take care of each other. By doing so, we will take great strides toward eliminating sexual assault in the Army.


We encourage everyone in the Army to take part in Sexual Assault Awareness Month observance activities during April. In doing so, we can re-dedicate our efforts toward reducing the risk of sexual assault, preventing this crime, and creating a climate of confidence in reporting. These actions will ensure care is responsive to all victims and offenders are held accountable. Together, we can make a difference. Army Strong!



Kenneth O. Preston
Sergeant Major of the Army



Peter J. Schoomaker
General, United States Army
Chief of Staff



Pete Geren
Acting Secretary of the Army

Hockey pro visits BAMC

Jeremy Roenick (right), a center for the National Hockey League team, the Phoenix Coyotes, visits with Spc. Robert Price Monday at the Center for the Intrepid. Price, assigned to the 1st Cavalry 1 BST, was injured by an improvised explosive device Jan. 14 in Iraq. Roenick visited with wounded warriors and Brooke Army Medical Center staff and gave out T-shirts and autographs.



Photo by Norma Guerra

Hooked on fishing

By Capt. Cody Roberson
Special to the News Leader

Children love to walk down the toy aisle and ogle over the selections. Then they want them all. The same holds true of fishermen and lures.

Lures are the bass angler’s version of a Matchbox car or new toy. They are shiny and sparkly and there is a lure for very imaginable fishing situation. And like a child with new toys, the fisherman wants them all.

Next time you find yourself at the Army and Air Force Exchange Service in the fishing department try to keep four simple things in mind before making a purchase:

- Choose a lure that resembles and imitates one of the four main foraging delights of the fish such as brim for bass, shad’s love for minnows and crawdads for frogs. This will ensure the fish are lured toward something they actually feed on.
- Choose colors that represent the food to a fish, such as white, black, chartreuse or the actual color of the forage.
- If relatively new to the sport of fishing, spinnerbaits and crankbaits are very easy to learn and can be worked at varying speeds to achieve multiple presentation styles. Use a lure to build confidence and understanding by testing it in a swimming pool. This will enable you to understand what type of action it has, how it works

underwater and how to retrieve it properly before using it in a lake.

- Finally, consider the price. Ask yourself, can I afford to lose a lure that costs between three and seven dollars? Just like golf balls when you first learn to play golf, you will lose lures in the murky waters of a lake. The 99 cents to \$3 lures are just as effective at catching bass as the high dollar ones.

Remember, keep it simple, keep it enjoyable and good luck fishing! For local installation lake reports, visit www.ArmyBassAnglers.com.

(Editor’s Note: Roberson is an avid angler who fishes on the pro-amateur circuit.)

Sports Briefs . . .

Boxers wanted

The Jimmy Brought Fitness Center seeks boxers as it prepares to host another round of boxing excitement. Boxing at the Brought IV will be held June 2 at 6 p.m. Boxers must be registered and in training 30 days prior to the event. If interested in participating as a boxer in this or future events, call the Intramural Sports Branch at 221-1180 or e-mail earl.t.young@us.army.mil. Event T-shirts are on sale at select locations. For more information, call 221-1234.

Softball tryouts

Players are needed for the men’s and women’s post softball team. For more information or to tryout, call Earl Young at 221-1180 or e-mail earl.t.young@us.army.mil.

Interested in sumo?

The Lone Star Sumo Kyokai is recruiting members to establish a Fort Sam Houston team. The team will compete in a local tournament scheduled for May 5. The sport is not just for the “big” boys anymore; there are both men’s and women’s weight divisions. The instructor is Tom Zabel, a 2nd degree black belt and national medalist with more than 19 years of sumo experience. For more information, call Zabel at 977-3202 or e-mail tsz-abel@lackland.af.mil.

Volleyball tournament

The 2007 Asian Pacific Heritage Month Volleyball Tournament will be held May 12 from 8 a.m. to 5 p.m. at the Jimmy Brought Fitness Center, 320 Wilson Road. The tournament is open to military, family and unit teams. The registration deadline is April 27. For registration, e-mail Staff Sgt. Trapanger Stephens at trapanger.stephens@lackland.af.mil or trapanger.stephens@us.army.mil.

MS 150 ‘Bike to the Beach’

Registration is open for the 2007 Valero Multiple Sclerosis 150 “Bike to the Beach” for the National Multiple Sclerosis Society, Lone Star Chapter. The MS 150 will begin at the AT&T Center Oct. 20, with an overnight stay at Coastal Bend College in Beeville, Texas, and finish in Corpus Christi at the Texas State Aquarium. Register online at www.ms150.org or in person at the National Multiple Sclerosis Society South Texas Regional Office, 9830 Colonnade Blvd., Suite 130, by May 31. Registration fee is \$25 per person with a minimum pledge of \$300.

Protestant Women of the Chapel ‘Fiesta Night’

The Protestant Women of the Chapel will host a “Fiesta Night” Friday from 6 to 8 p.m. at Dodd Field Chapel. All PWOC members and their families as well as the Fort Sam Houston community are welcome to attend. There will be activities and games for children of all ages. A dinner catered by Estela’s Mexican restaurant will be provided. For more information, call Lois Griffith at 226-1295 or Kristi King at 270-0385. The Web site is www.chapnet.army.mil/pwoc.



Post Worship Schedule

Main Post Chapel, Building 2200, 221-2754
Catholic Services:
4:45 to 5:15 p.m. - Confessions - Saturdays
5:30 p.m. - Mass - Saturdays
9:30 a.m. - Mass - Sundays
11:30 a.m. - Mass - weekdays
Protestant Services - Sundays:
8 a.m. - Traditional Protestant
11 a.m. - Traditional Protestant
Jewish Services: 379-8666 or 493-6660
8 p.m. - Fridays - Worship and 8:30 p.m. - Oneg Shabbat

Dodd Field Chapel, Building 1721, 221-5010 or 221-5432
Catholic Service: 12:30 p.m. - Mass - Sundays
Protestant Services:
10:30 a.m. - Collective Gospel Protestant - Sundays
9:30 to 11:30 a.m. - Women’s Bible Study (PWOC) - Wednesdays, child care is provided.
Samoan Protestant Service: 8:30 a.m. - Sundays

Brooke Army Medical Center Chapel, Building 3600, 916-1105

Catholic Services:
8:30 a.m. - Mass - Sundays
11 a.m. - Mass - Sundays
11 a.m. - Mass - weekdays
Protestant Services:
10 a.m. - Worship Service - Sundays
12 p.m. - Worship - Wednesdays

AMEDD Regimental Chapel, Building 1398, 221-4362
Catholic Mass: 8 a.m. - Sundays
Protestant Service: 9 a.m. - Sundays
Christian education: 10 a.m. -Sundays
Gospel Service: 11 a.m. - Sundays

Church of Jesus Christ of Latter Day Saints:
9:30 a.m. - Sundays at Evans Auditorium

FSH Mosque, Building 607A, 221-5005 or 221-5007
10:30 a.m. - Children’s Religious Education - Sundays
1:30 p.m. - Jumma - Fridays
7:30 p.m. - Adult Religious Education - Thursdays

Installation Chaplain’s Office, Building 2530, 295-2096
Contemporary service: 11:01 a.m. - Sundays

Web site: www.samhouston.army.mil/chaplain

Child and Youth Services

Summer Camp registration

Summer Camp registration for School Age Services and Middle School and Teens is ongoing at Central Registration, Building 2797, from 8 a.m. to 5 p.m. until spaces are full. Children must be registered with Child and Youth Services. To register, patrons must provide sponsor’s Leave and Earnings Statement and spouse’s W-2 form, two local emergency designees, an \$18 registration fee per child, and child’s Social Security number. A current immunizations record and a health assessment for kindergarten through fifth grades is required. There is a non-refundable deposit for School Age Services.

Parent Advisory Council meeting

The Child and Youth Services Parent Advisory Council will meet May 15 from 11:30 a.m. to 12:30 p.m. at the Child Development Center. Lunch will be provided. All CYS patrons are encouraged to attend. This is an opportunity to meet staff, attend parent workshops and learn of upcoming events.

Off-post childcare options

The Army Child Care in Your Neighborhood program offers military families more childcare options in the local community. There are two childcare

centers and 25 civilian providers in areas surrounding Fort Sam Houston for use by local Army families. The centers and providers are monitored to ensure they meet Army standards. For more information, call Family Service Association at 431-7570 or Fort Sam Houston Central Registration at 221-4871.

Family Child Care Online

Family Child Care Online is a marketing tool that allows parents to take a virtual tour of FCC homes. In addition, parents can read about the provider’s philosophy of care, hours of operation and background. This online tool can be accessed through the Child and Youth Services Central Registration office in Building 2797 from 8 a.m. to 4:30 p.m.

FCC providers

Family Child Care is looking for family members interested in becoming certified FCC providers. There is a no-cost start-up plan. For more information, call 221-3828.

Sport physicals

Patrons interested in summer and fall sports should make appointments for sport physicals now. Patrons will need a sport physical to register. Patrons must be registered with Child and Youth Services to participate in sports. For more information or registration requirements, call Central Registration at 221-4871 or 221-1723.

SKIES Unlimited classes available

The Child and Youth Services SKIES Unlimited program will offer classes for children ages 6 to18 who are registered with CYS.

School of Languages

- German: Monday, 30-minute classes from 9 to 10:30 a.m. for beginner, intermediate and advanced students, located in Building 2530.
- German: Monday through Wednesday, 90-minute classes, from 3:30 to 5 p.m. and 5 to 6:30 p.m. for beginner, intermediate and advanced students, located in Building 1630A.
- Arabic: Thursday, 90-minute classes from 3:30 to 5 p.m. and 5 to 6:30 p.m. beginner and intermediate students, located in Building 1630A.

To determine the child’s skill level, call the instructor, Rabiaa Gardner, at 744-2304.

School of Music

Piano lessons will be held every Tuesday in 30-minutes increments from 10 a.m. to 12 p.m. and 4 to 6 p.m. one half hour per week, in Building 2018. The cost for each lesson is \$20. Lesson books are to be purchased by the students.

School of Sports

Tennis lessons will be held Monday through Friday from 3:30 to 4:30 p.m. for 5- to 6-year-olds and 3:30 to 6:30 p.m. for 6- to 18-year-olds. Lessons are held at the tennis court on the corner of Hardee and Scott Street on Fort Sam Houston. Children must furnish own tennis racket and missed lessons will not be made up. The cost is \$50 a month for the one-hour class and \$150 a month for the three-hour class.


Payment is due on a monthly basis and registration is required with Child and Youth Services prior to the first class. The first month’s fees are due at time of registration at Building 2797. Fees are due and payable at the beginning of each month, and can be paid at the Child Development Center, Building 2530, School Age Services, Building 1705, or the Middle School and Teens, Building 1630. Missed lessons will not be made up. For more information, call 221-1723 or 221-4871.

Blood is fluid of life

The Brooke Army Medical Center Blood Bank is running critically low on AB negative blood.

Akeroyd Blood Donor Center is reaching out to you for your support to accomplish a mission for life.

To donate blood now, call the Akeroyd Blood Donor Center at 295-4655 or 295-4989.



Use your head . . .

Children on post are required to wear safety helmets when riding a bike, skateboard or scooter.



Post celebrates Fiesta with military honor, family fun



Staff Sgt. Frankie Lucas, 68 Delta instructor operating room specialist branch, assists 13-year-old Amanda Schlaudt in a mock surgical procedure. The popular Deployable Medical Systems display gave viewers the opportunity to don surgical gowns, masks and gloves and participate in the removal of a piece of shrapnel from the chest of a patient simulator.



Photo by Cheryl Harrison



Who could resist the interior of an Army Stryker with 1-year-old Ocean Hernandez enticing passersby to stop and see. Little Ocean could certainly be a poster boy for Army recruiting.



Photo by Cheryl Harrison



Photo by Esther Garcia

(From left) Lanette Pennel, bass guitar and vocals; Vicki Gillespie, keyboard and vocals; and Dave Kemp, electric and acoustic guitar and vocals, members of the Almost Patsy Cline Band from Bandera, Texas, entertain the Fort Sam Houston Fiesta crowd Sunday with toe-tapping, boot-scootin' country music.



Photo by Cheryl Harrison

Xavier Crane, from the West Brian Grizzlies Middle School in Houston, Texas, screams with laughter as he is twirled upside down and around on a gyrating circle. The spinning circle was an attraction not for the faint of heart, but attracted many brave souls Sunday at the Fort Sam Houston Fiesta and Fireworks event.



Photo by Esther Garcia

The Alamo City Community Marching Band, conducted by Juan Garcia, and the Army Medical Command Band, directed by Chief Warrant Officer William Brazier, perform a joint Fiesta concert. Maj. Gen. Russell Czerw, commander, Army Medical Department Center and School, performed favorite Elvis Presley songs. The concert ended with the "1812 Overture" and a dazzling display of fireworks.



The 3rd U.S. Infantry Regiment Color Guard present the colors as cannons are fired at the military ceremony during the Fort Sam Houston Fiesta and Fireworks event Sunday at MacArthur Parade Field.



Photo by Cheryl Harrison



Photo by Esther Garcia

(Above) Military ambassadors representing their respective services attend the Fort Sam Houston Fiesta Sunday at MacArthur Parade Field. Ambassadors for the military attended more than 60 Fiesta activities in the San Antonio area prior to and during the 10 days of Fiesta, as well as visiting area schools.



Photo by Esther Garcia

(Right) Lt. Gen. Thomas Turner, commanding general, U.S. Army North, presents Fiesta royalty, Jorge Gonzalez, president, San Antonio Fiesta Commission; King Antonio LXXXV Joe Peacock; and El Rey Feo LIX Brian Weiner, with the Commander's Award for Public Service. Fiesta royalty spread Fiesta cheer during visits to military installations, hospitals and nursing homes and raise funds for children's organizations.



Drum Major Sgt. Maj. Leander Singletary leads the Army Medical Command Band in the pass in review, the most traditional part of a military ceremony at Fort Sam Houston's Fiesta ceremony.

Photo by Esther Garcia

March Survey of the Month

Maj. Dana Munari

March Yards of the Month

2816 Marvin R. Wood
618 Infantry Post
6949-B Odom Court
432 Graham



Community Recreation

MWR Web site, Information Hotline

Access information about Morale, Welfare and Recreation events, activities and programs 24 hours a day. For more information, call 295-3697 or visit www.portsamhouston-mwr.com or the MWR information hotline at 295-3697.

Post garage sale

The next post garage sale will be held May 5 from 7 a.m. to 1 p.m. at the MacArthur Pavilion parking lot. There is no cost to participate, but vendors must pre-register by calling 221-2904, 221-2601 or 221-2307. A valid Department of Defense ID card is required to participate. The sale of firearms, animals or food and beverage items is not permissible. Participants may rent tables and chairs on site from the Outdoor Equipment Center. Rentals will be available on a first-come, first-served basis while supplies last. For more information, call 221-5224.

Hunting permits available

Archery and combo hunting permits will be available at the Camp Bullis Outdoor Recreation Center May 4. For more information, call 295-7577.

3-D archery shoot

The next 3-D archery shoots are scheduled for May 5 and 6 with registration from 8 to 10 a.m. The competitive shoot includes 30 3-D animal targets placed at unknown distances ranging from 10 to 40 yards in woodland settings. Awards are given to the top three in each class. The cost is \$15 per person. Minis and cubs shoot free with a paid adult, and a playground is available for younger children. For more information, call the Camp Bullis Outdoor Recreation Center at 295-7577.

Fort Sam Houston Ten Miler #1

The Fort Sam Houston Ten Miler #1 will be held May 6 at 7 a.m. at the Brigade Gym. The event serves as the official qualifier for the Army Ten Miler. The Morale, Welfare and Recreation Sports and Fitness Branch will select 10 male and female participants who finish with the best times to represent the Fort Sam Houston team at the Army level. For more information or to register, call 221-2020 or 221-1234.

Summer swimming lessons

Registration for Red Cross swimming lessons begins May 7 at the Aquatic Center. Individuals must register in

person Monday through Friday from 11 a.m. to 6 p.m. The cost is \$40 per student and includes lessons, certificate of completion, class photo and T-shirt. Payment is due at registration. Lessons are conducted in two-week sessions held Monday through Friday from 8:15 to 9:15 a.m. and 10:45 to 11:45 a.m. Four summer sessions will be offered. The first session begins June 4; the last session begins July 23. For more information, call 221-4887 or 221-1234.

Vaccination clinic

A vaccination clinic for healthy pets will be held May 12 from 8 a.m. to 12 p.m. at the Fort Sam Houston Veterinary Treatment Facility. For more information, or to schedule an appointment, call 295-4260 or 295-4265.

Bowling Center, 221-3683

Military doubles bowling tournament

The Fort Sam Houston Bowling Center will host the third annual San Antonio Military Doubles Bowling Tournament May 13, 19 and 20. Tournament bracket times begin at 11 a.m. or 1:30 p.m. each day. The cost to participate in the handicap division is \$40 per team or \$55 per team for participation in both the handicap and scratch divisions. Cash prizes will be awarded to the top finalists. A flat screen television will be awarded to the first player who bowls a 300 scratch game. Participants must be at least 18 years old. To register or for more information, call 221-4740.

Golf Course, 222-9386

Warriors Monthly Scramble

The Warriors Monthly Scramble is held the first Friday of each month at the Fort Sam Houston Golf Club. The next tournament is May 4 with a shotgun start time at 12:30 p.m. The entry fee is \$20 per person and includes cart rental, prizes and social following the scramble. Participants must be in an authorized pass or leave status. Register up to four players at the Golf Club’s Pro Shop. For more information, call 222-9386.

Dining and Entertainment

Sam Houston Club, 224-2721

Family-Style Sunday Brunch

There is something for the entire family at Sunday Brunch. Brunch is held the first and third Sunday of each month. The next brunch will be held May 6 from 10 a.m. to 1:30 p.m. at the Sam Houston Club. Features include a chocolate fondue station, complimentary champagne and an international food station. The cost is \$15.95 for nonmembers, \$13.95 for members and \$7.95 for children 6 to 11 years old. Children 5 years old and younger eat free. For more information, call 224-2721.

Cinco de Mayo Super TGIF

Celebrate Cinco de Mayo early with the Sam Houston Club at Super TGIF May 4 at 5:30 p.m. in the Seguin Room. Dance to

festive music provided by an on-site disc jockey, and indulge in the free all-you-can-eat taco bar. For more information, call 224-2721.

Mother’s Day Brunch

The Sam Houston Club will host a Mother’s Day Brunch May 13 from 10 a.m. to 1:30 p.m. The brunch will feature a chocolate fondue station, complimentary champagne and an international food station. Moms will receive a free carnation. The cost is \$17.95 for nonmembers, \$15.95 for members and \$7.95 for children 6 to 11 years old. Children ages 5 and younger eat free. Reservations are encouraged. For more information or to make reservations, call 224-2721.

Harlequin Dinner Theatre, 222-9694

The George Furth comedy “The Supporting Cast” will play at the Harlequin Dinner Theatre through May 12. Performance tickets are \$24.95 Wednesdays and Thursdays and \$27.95 Fridays and Saturdays. Doors open for salad bar and cocktails at 6:15 p.m., the buffet is from 6:30 to 7:30 p.m. and the show begins at 8 p.m. Military discounts are available. To make reservations or for more information, call 222-9694.

MWR Ticket Office, 226-1663

Pepsi 400 NASCAR tickets

Tickets are available at the Morale, Welfare and Recreation ticket office for the Daytona International Speedway’s 2007 Pepsi 400 July 7. Buy the All-American package for \$72, a savings of \$20, and receive one Pepsi 400 Grandstand ticket and event hat. A pre-race pass to the Nextel Fanzone is \$46.50. This is a NASCAR-sponsored event. Parking is free. To purchase a ticket, stop by or call the ticket office at 226-1663 or 224-2721. For more information, visit www.daytonainternationalspeedway.com. The ticket office will operate with extended summer hours through August. The ticket office is open Tuesday through Friday from 10 a.m. to 5 p.m., Saturdays from 10 a.m. to 2 p.m. and closed Sunday and Monday.

Gutter ball

A young bowler enjoys a free game April 14 at the Fort Sam Houston Bowling Center. More than 200 Soldiers, Families and San Antonio community members came out to the first-ever Fiesta Family Bowling Night, which featured free bowling from 7 to 11 p.m. In addition, the Morale, Welfare and Recreation Marketing Office provided several giveaways such as Austin Wranglers football tickets, lunch buffets, Harlequin Dinner Theatre passes and bowling passes. The bowling center will sponsor another event, the San Antonio Military Doubles Tournament, May 13, 19 and 20. During the event, a participant can win a flat screen television by bowling a perfect 300 game. For more information about Bowling Center promotions, call the MWR Bowling Center at 221-4740.



Photo by Kelly Jones

Arts and crafts contest

The Fort Sam Houston Outdoor Recreation Center seeks artisans and craftsmen to participate in an installation arts and crafts contest. The top five selections on the installation will advance to compete at the Army level. Entries are now being accepted; May 16 is the deadline for submissions. The judging will take place May 17. Awards will be given to the top three submissions and honorable mentions in each category and group. The contest is open to Department of Defense ID cardholders on Fort Sam Houston. For more information, call John Rodriguez at 221-5554 or visit the Outdoor Equipment Center at Building 1111, Forage Road.

Events

Free Mother’s Day message

Service members can send free Mother’s Day messages online to www.stripes.com through Monday. Messages will be published May 12 in Stars and Stripes Mideast, European and Pacific editions. Greetings will also be online for viewing at www.stripes.com starting May 12. For more information, call Maria Luisa Hernandez at 202-761-0914.

‘Run for the Veterans’

The Steel Horse Café in Tarpley, Texas, will sponsor an Annual “Run for the Veterans” and Biker Appreciation Friday, Saturday and Sunday. Tickets are \$20 each. Proceeds will benefit the Audie Murphy Veterans Hospital and Tarpley Volunteer Fire Department. For more information, call Dan or Val at 830-562-3325.

Kyle walk

The San Marcos River Walkers Volksmarch Club will host a 10K and 5K walk Saturday at the Gregg-Clarke Park, 1300 W. Center St. in Kyle, Texas. For more information, call Barbara Piersol at 512-396-4463 or e-mail bpiersol@grandecom.net.

AACOG Regional Awards nominations

The Alamo Area Council of Governments is accepting nominations for the 2007 AACOG Regional Awards. Nominations are open to the public and will be presented June 13. Nominations must be received by Tuesday. Categories for nomination are Regional Citizen of the Year, Corporate Citizen of the Year, Community Project of the Year and Governmental Regional Project of the Year. Nomination forms can be submitted online at <http://www.aacog.com/award>, picked up from the AACOG offices at 8700 Tesoro Drive, Suite 700 or by fax at 225-5937. For more information, call 362-5204 or e-mail mail@aacog.com.

Veterans in the Classroom Job Fair

The 37th Training Wing will host the USAA-sponsored Veterans in the Classroom Job Fair Wednesday from 2:30 to 4 p.m. at the Gateway Club on Lackland Air Force Base. Retired, retiring and separating military veterans and their spouses who are interested in pursuing a teaching career in math, science and technology are currently being recruited. For more information, call Cindy Ybanez at 671-4057.

Family Strong

Family Strong is a focus group that helps wounded Soldiers’ families, special needs children and deployed Soldiers’ family members. The group will meet May 4 at 10 a.m. at 711 E. Josephine St., in the Center for Health Care Services building. For more information or reservations, call 224-1139.

First Annual South Texas Wild Foods walk

Come join an educational tour in exploring the Fort Sam Houston National Forest for edible and medicinal wild plants May 5 and 6 at 10:30 a.m. at the Stubblefield Camp ground. The tour is free, and volunteers will guide hikes and discussions to provide general knowledge on useful plants. For more information, visit www.fs.fed.us/r8/texas/recreation/sam_houston/stubblefield.shtml.

OCSC river boat luncheon

An Officer and Civilian Spouses’ Club river boat luncheon will be held May 7 starting at 11:30 a.m. at the Casa Rio Mexican Restaurant. Enjoy a leisurely lunch while floating down the river with friends. Both members and non-members are invited. The cost will be \$35, which includes a fajita dinner, iced tea, chips, salsa, bunuelos for dessert, and tax and gratuity. For more information or to make reservations, call Alicia at 807-3111 or e-mail a-to-z@earthlink.net.

Texas Christian prayer breakfast

The 27th Annual Texas Christian Military Prayer Breakfast will be held May 12 at 7:30 a.m. at the Marriott Rivercenter Ballroom in San Antonio. The guest speaker will be retired Marine Lt. Gen. Jeffrey Oster. The Texas military prayer breakfasts in San Antonio are planned and conducted by a steering committee of active, retired and former service members from a spectrum of Christian churches. Tickets are \$14 each. For more information, call 364-7972 or e-mail adorsey1@satx.rr.com.

Army Birthday Ball

The Army Birthday Ball celebrates the U.S. Army’s 232nd birthday. The ball will be held June 16 at the Hilton Washington Hotel in Washington, D.C. Army Soldiers, family members, Department of Army civilians, retirees and veterans are welcome. For more information or to register, visit www.army.mil/birthday/232/ball/default.htm.

Training

Scholarship for vets

The Dwyer Group will sponsor an annual \$2,500 veteran scholarship to assist military veterans pursuing college-level studies in franchising or entrepreneurship. To be eligible, candidates must have received an honorable discharge from any branch of the United States military or Coast Guard and be enrolled or about to enroll in an entrepreneurial course of study at an accredited college or university. For applications, call 202-628-8000 or visit www.franchise.org.

Meetings

Warrant Officer Association meeting

The Lone Star Chapter of the U.S. Army Warrant Officer Association meets the third Monday of the month at 7 p.m. at the Veterans of Foreign Wars Post No. 8541, located at 2222 Austin Highway, between Perrin Beitel and Eisenhower roads. All active duty, retired, Reserve, National Guard warrant officers and family members of current or retired warrant officers are invited. For more information, call Bill Strout at 590-2642 or e-mail bstrout@texas.net, or Suzan Farrell at 378-0422 or e-mail suzan.farrell@us.army.mil.

Chess club

The on-post chess club meets Mondays from 5 to 7 p.m. in the Brooke Army Medical Center Medical Mall. The club is open to military and their family members, civilians and patients; experience is not necessary. Chess sets are provided on site. For more information, call Michael Oakes at 550-3153.

Volunteer

Volunteers for Harley motorcycle raffle

The Texas National Guard Family Support Foundation will sponsor a “Ride for the Families” and Harley motorcycle drawing Sept. 23 at the Central Texas Harley-Davidson, Austin, Texas. Raffle tickets are \$10 each and all proceeds will go to the Texas National Guard Family Support Foundation to help Soldiers and their families during times of hardship and crisis. For more information, call Shandra Sponsler at 512-782-5771.

Submission guidelines:

Freebies are published on a first-come, first-served basis. The deadline is noon Monday. Freebies are intended for personal household goods, and may only be submitted by active, retired or reserve military members and civilian employees working on Fort Sam Houston. Real



estate ads will not be published. To submit a Fort Freebie, e-mail **news.leader@samhouston.army.mil** or fax to **221-1198**. Freebies run for one week unless submitter calls to renew. Limit of five items per entry. For more information, call 221-1031.

For Sale: Sofa, loveseat, chair and ottoman, white with multi-colored designs, in great condition, \$350. Call 659-3624, leave message.

For Sale: 2000 Cadillac DeVille, black with tan rag top, tan leather interior, On-Star, air bags all the way around, fully loaded with extras, maintenance records, less than 65K miles, \$13,000. Call 402-2353.

For Sale: Green sectional couch with pull-out bed, two years old, in good condition, \$199 obo; six drawer dresser with mirror, white, \$69 obo. Call 257-8863.

For Sale: Twin bed, new, \$140; wall mirror, new, \$25. Call 653-0272.

For Sale: Whitney upright piano with bench, \$350 obo; Bassett sofa bed, queen size and matching loveseat, \$275 obo; oak day bed with mattress, \$175 obo; two solid wood upright dressers, \$100 each obo; two blue Queen Anne chairs, \$40 each or \$75 a pair. Call Scott at 221-1356 or 845-309-2765.

For Sale: Living room set with two end tables and coffee table, in good condition, \$500 obo. Call 832-8128 or 215-7385.

For Sale: St. Bernard puppies, eight weeks old, parents on site. Call Jay at 463-9589.

For Sale: H.D. tool box, front and rear differentials (GM coil and leaf sprungi), ring and pinion gears and other parts, Yamaha big bear ATV tires and wheels, Dodge pick-up grill guard. Call Shaun at 806-535-9386 or 653-0272.

For Sale: Dining room table with six chairs, dark glass rectangular, beige floral pattern, cushioned chairs, in excellent condition, \$150. Call 275-2237.

For Sale: 2005 Tundra SR5, Texas edition, white, 27k miles, double cab four door, 20-inch chrome wheels, chrome running boards, low profile tires, CD/AM/FM stereo, bucket seats sprayed bedliner, \$20,900 or take over one year lease with initial cost. Call Daniel at 454-0019.

For Sale: Custom built Harley Davidson with 1973 XLCH frame and engine, 53 miles on top to bottom rebuilt engine with all new internals, custom paint all matching Harley orange with double center console fuel tank, many extras and new parts, \$5,500. Call 224-4428.

For Sale: 2004 Chevy Trailblazer, 30k miles, two-wheel drive,

power doors and locks, AM/FM/CD, in great condition, \$17,000 obo. Call 265-3537.

For Sale: Small kitchen table with red L-shaped bench seat, \$50 obo; ladies semi-formal, size 10/12, \$25 each; Yugioh cards, packs of ten, \$2.50, five rare cards, \$2 each; Bassett crib with no mattress and does not convert to toddler bed, \$100. Call 826-0882.

For Sale: Large dog house, \$50; white princess bookcase, \$40; dresser, \$30; white four poster twin bed, \$50; white little girl's vanity with stool, \$25. Call 212-5725.

For Sale: Large handmade rattan papa-san high arch single chair, \$125; antique Singer foot-powered sewing machine, \$100; all bamboo 30-gallon plus aquarium, \$125. Call 404-9030 or 849-3134.

For Sale: Cradle/rocker with mattress, in excellent condition, \$95; black leather sofa and recliner, \$395; AKC male English bulldog, three years old, \$975;oversized mauve leather easy chair, \$295; Harley boots, size 8.5, \$45. Call 633-3859.

Free To Good Home: George the guinea pig needs a home, cage included. Call 413-9537.